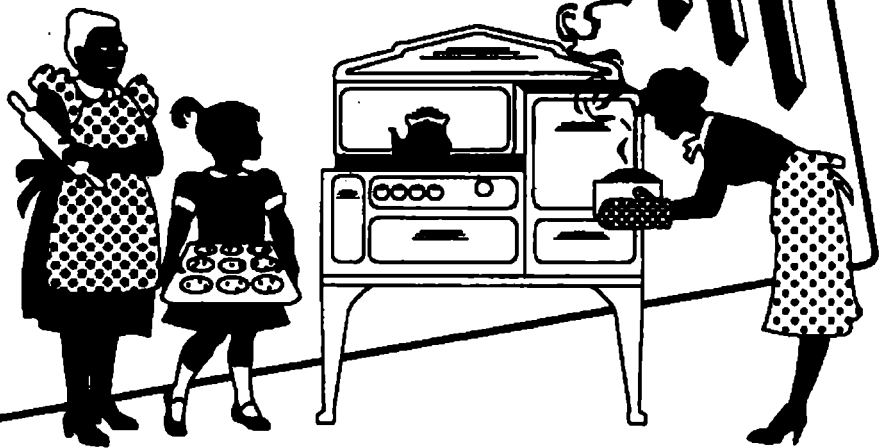


Health Hyperlink, Inc.

EAT FOR HEALTH



PIZZA DOUGH (CONTINUED)

Rub the surface of a large bowl with the olive oil. Roll dough in the oil to coat_ cover with a towel until the dough has doubled in size, about 1 hour. Preheat the oven to 400 degrees.

Roll dough out evenly on flour surface to a thickness of about 1/4 inch.

- 1) Spray a cookie sheet well with vegetable oil and put the pizza on pan.**
- 2) Put favorite pizza topping on the dough.**
- 3) Bake at 350 degrees for approximately 20 minutes.**

EAT FOR HEALTH

We certainly must eat to live, and our diet is the single most important director of our health. A plant diet as promoted here can prevent or help to reduce your risk of coronary artery disease, stroke, diabetes, rheumatoid arthritis, renal disease, osteoporosis and many cancers. It will aid the Parkinson patient to decrease their Sinemet medication by as much as 50%*. Conversion to a plant diet should be done gradually over 3 to 5 weeks.

The enclosed recipes show dietary items to use to replace animal products from your Western Omnivore diet that are the most difficult for many of us to change from animal to plant sources. Whenever you choose a dietary item, try to use a non-animal based ingredient (i.e. egg free mayonnaise). Foods containing partially hydrogenated oils contain trans fatty acids which should be minimized as much as possible in your diet. Supplements with vitamins B-12 and D are required and for weight gain, supplement with Evening Primrose Oil and cook with Canola oil.

***See appendix**

Richard Hubbard Ph. D., C.N.S. and Connie Hubbard, B.S. (a food innovator) Mar. 1997

TABLE OF CONTENTS

<u>FOODS</u>	<u>PAGE NUMBERS</u>
Beans -----	15-18
Burgers & sandwiches -----	9-14
Desserts -----	57-66
Entrees & pizza -----	33-56
Gluten -----	3- 5
Gravies -----	19-23
Milk substitutes -----	30-32
Salads -----	8
Sauces, "cheese" -----	24-29
Waffles -----	6-7

GLUTEN

8 lbs flour

12 cups water (approx.)

Mix together to form a stiff dough. Knead 5-10 minutes until smooth and elastic. Cover with water and soak two hours or overnight. Wash starch out of dough by working the dough in water, changing the water several times, until the water is almost clear. Flatten gluten with hands, roll tightly into log shape and encase in cheesecloth. Cover with water and boil for one hour. Drain and cool. Makes about 2 lbs. gluten.

MARINADE

1/2 cup oil

1 1/2 tablespoon soy sauce

2 teaspoons McKay's chicken style seasoning

1/2 teaspoon salt

2-3 medium cloves garlic, crushed

Tear gluten into bite-sized pieces and add marinade. Marinate overnight.

To serve, put gluten pieces in a skillet and saute until golden brown.

BAKED GLUTEN

Sauce: 1/2 cup water

1/2 cup soy sauce

1/3 cup brown sugar

4 tablespoons oil

1/3 cup Karo syrup

1 clove garlic, pressed

Cut raw gluten into bite-sized pieces. Mix with sauce and put in a flat pan. Bake at 400 degrees for 20 minutes, then reduce heat to 350 degrees; turn pieces and continue to turn every 10 minutes until dark and firm, about 1 hour and 10 minutes.

PECAN OAT WAFFLES

1/2 cup of pecans

1 ½ cups of Quaker oats

2 1/4 cups of water

1 tablespoon oil (canola oil)

1/2 teaspoon salt

Put ingredients in blender. Blend until smooth and let stand 5 minutes while waffle iron is heating.

Cook 10 minutes and serve while hot.

Serves: 6

PECAN OAT WAFFLES #2

1 ½ cups rice milk

1 ½ cups soy milk (vanilla is OK)

¾ cup pecans

½ teaspoon salt

1 teaspoon vanilla

1 tablespoon wheat germ

3 to 4 tablespoons olive oil

2 ½ cups oats

Blend pecans in milk until smooth and silky. Add other ingredients and blend together. Let stand for 10 minutes to thicken. Cook in hot waffle iron until golden brown.

WORTHINGTON "CHICKEN" CHUTNEY SALAD

2 cups of "Chicketts" bits

1 cup sliced celery

1/4 cup salted peanuts

2 tablespoons chopped chutney

1/2 teaspoon grated lime rind

1/2 teaspoon curry powder

1 (13 1 /4 oz.) can pineapple bits

1/2 cup sliced green onions

**2/3 cup reduced mayonnaise
(Best Foods)**

2 tablespoons lime juice

1/4 teaspoon salt

Drain pineapple well. Toss together first 5 ingredients. Combine remaining ingredients; stir into first mixture, chill and serve on greens. Makes approximately 5 cups.

MILLET PATTIES

2 cup cooked millet

1/2 cup peanut or almond butter

1 large onion, chopped

1/2 teaspoon celery salt

1/2 teaspoon garlic powder

1/2 teaspoon salt

Combine all ingredients and mix well. Form into patties and bake on a sprayed cookie sheet at 375 degrees for about 30 minutes, browning on both sides, or brown in a non-stick skillet. May also be formed into balls. Serve with zesty tomato relish if desired.

VEGEBURGERS

1- 3 lb. can Worthington Vegeburger

2 cups Quaker oats

2 cups Progresso Italian style bread crumbs or saltine crackers, crushed

1/2 cup minced onion

1/4 cup dry parsley flakes

2 teaspoon poultry seasoning

2 teaspoon ground sage

2 teaspoon garlic salt

2 teaspoon onion salt

Mix all of the above ingredients

Add: 6 - 8 egg whites or egg beaters. Mix well, form into patties. Brown and cook patties on both sides on a non-stick surface. Makes about 35 patties. May freeze to store.

TOFU OAT BURGERS

2 cups finely cut oats	1/2 cup gluten flour
1 lb soft tofu	1 teaspoon sage
1 cup finely chopped onion	1 teaspoon Italian seasoning
1 cup walnuts	1 teaspoon paprika
or pecans (ground)	1 teaspoon salt

Mix all ingredients together well and form into burgers. Cover and brown slowly on both sides in a sprayed, non-stick skillet. Be sure to cook thoroughly.

Serves: 16 burgers

WORTHINGTON NUMETE SANDWICH

Mash or chop Numete from the can (mix like you would tuna fish). May add pickles (sweet or dill), olives (black or green), celery. Mix with low fat Best Foods mayonnaise to the consistency you desire.

Your choice of rye, wheat, white (whole grain breads are the best for you as they retain the minerals and ground grains do not).

TOFU MILLET BURGERS

2 cups cooked millet

1 cup mashed, firm tofu

1/2 cup soft bread crumbs

3 tablespoons whole wheat or oat flour

1/4 cup chopped nuts or nut butter

1 onion, chopped, steamed

1/2 tablespoon soy sauce

1/4 teaspoon sage

Mix all ingredients together. Form into burgers and brown in a covered, sprayed or non-stick skillet.

Serves: 6

SOY CHEESE ROLLS

1 cup soy cheese, shredded (we use Soymag from Soyco/Soymag foods)
1 small can chopped olives (black or green)
3-5 green onions, chopped
1 small can chopped green chilies(optional)
1 small can of tomato sauce
1/2 cup of green peppers optional
Sour dough rolls or wheat rolls

Cook all ingredients except rolls in fry pan until cheese melts. Spread mixture on rolls and bake at 325 degrees until cheese melts and rolls are crisp.

PINTO BEANS

2 cups cooked pinto beans (large)

1 garlic clove

3/4 cup catsup

1/2 teaspoon cumin

1 teaspoon salt

1 large onion

4 cups stewed tomatoes

1/2 tablespoon chopped parsley

1/2 tablespoon margarine

1 1/2 teaspoon chili powder

(cook beans in water until tender)

Saute onions and garlic. Keep one cup of liquid from cooked beans. Add to the liquid, all other ingredients and put in casserole dish. Cook at 325 degrees for 45 minutes.

Serves: 8

SMALL WHITE BEANS

1 16 oz. package small white beans

1 cup of catsup

1/4 cup of molasses

1 teaspoon salt

1/2 cup brown sugar

Cook beans and drain. Add catsup, molasses, salt and brown sugar. Add water when needed and cook in slow oven at 250 degrees for 3 hours.

Serves: 6

CHILI BEANS

1 large onion

1 can 15 oz. Tomato sauce

**1 ~~large can small red beans~~, kidney, or pinto
beans**

1/2 can vegeburger

1 can 15 oz. chopped stewed tomatoes

1 1/2 teaspoon of chili powder

May add salt if desired.

Saute onions in one tablespoon of oil (canola), add vege burger and cook until somewhat brown and crisp. Add remaining ingredients, simmer until thick. May add green peppers. Serve hot.

Serves: 8

BLACK BEANS ON RICE

**1 lb. dry black beans
2 green peppers, chopped
6-8 green onions with tops
1 clove garlic**

**1/3 cup olive oil
1 lb dry brown rice
2 teaspoon salt**

Cover beans with 6 cups of boiling water and cook 2 hours. Saute green pepper, onions and garlic in oil. Combine with beans, add other seasonings and cook until beans are tender and liquid is thick. Serve over brown rice and sprinkle green onions on top of beans

Serves: 16

BROWN GRAVY

3 tablespoons wheat flour

2 cups water

½ tablespoon chicken-style seasoning

1 package Washington golden seasoning

1/2 teaspoon onion salt

1/4 teaspoon garlic powder

Brown flour in a non-stick skillet, stirring constantly. Stir in water slowly. Add remaining ingredients and simmer for 15 minutes, stirring constantly.

ONION GRAVY

2 onions, chopped

2 tablespoons water

1/4 cup whole wheat flour

2 cup water

1/3 cup clean, raw cashews

1/2 teaspoon salt

Simmer onions in 2 tablespoon water until tender. Brown flour in a dry skillet. Blend cashews in about 1 cup of the water until very smooth. Add browned flour and salt and continue blending until thickened, stirring constantly. Adjust water to desired consistency. Serve over baked potatoes, brown rice, vegetables, or roast.

COUNTRY-STYLE GRAVY

2 cups hot water

1/2 cup clean, raw cashews

2 tablespoon cornstarch

1/2 teaspoon liquid smoke seasoning

2 teaspoon onion powder

1/2 teaspoon food yeast flakes

1/2 teaspoon salt

Blend cashews in about 1 cup of the hot water until very smooth. Add remaining ingredients and continue blending until smooth. Pour into a saucepan and bring to a boil, stirring constantly. Cook until thickened.

VEGETABLE GRAVY

1 1/2 cup water	1/2 teaspoon salt
3 tomatoes, chopped fine	(garlic salt, oregano, savory
1-2 onions, chopped coarse	to taste)
1/2 green pepper, chopped coarse	
2 tablespoon cornstarch	
2 tablespoon cold water	

Bring all ingredients, except cold water and cornstarch, to a boil, then simmer for 30 minutes. Mix cornstarch and cold water and stir in. Continue simmering until thickened, stirring constantly. Serve over vegetables, brown rice, or potatoes.

CREAMY TOMATO GRAVY

1 quart canned tomatoes	2 teaspoon honey (opt.)
1/2 cup clean, raw cashews	1/2 teaspoon salt
1/2 cups well-cooked brown rice	
1 large onion, chopped	1/4 teaspoon garlic powder
1/4 teaspoon oregano	1/2 cups water

Blend cashews and rice with about 1 cup of the tomatoes until very smooth. Add remaining tomatoes and other ingredients, except water, and continue blending until smooth. Pour into a saucepan. Rinse blender with 1/2 cups water, then pour into saucepan. Simmer for 10 minutes, stirring frequently. If necessary, thicken with cornstarch mixed with a little cold water.

CASHEW PIMIENTO "CHEESE" SAUCE

2 cup warm water

1 cup clean, raw cashews

4 oz. jar pimientos

2 tablespoons fresh lemon juice

2 teaspoon salt

1 teaspoon onion powder

1/4 teaspoon garlic powder

Blend cashews with about 1 cup of the water until very smooth. Add remaining water and other ingredients and continue blending until smooth. Heat over medium-low heat, stirring constantly, until thickened. Pour over vegetables, potatoes, etc., or use as a fondue dip.

CHICKEN-STYLE SEASONING

1/4 cup salt

2 tablespoon celery salt

2 tablespoon onion powder

2 tablespoon parsley flakes

2 tablespoon turmeric (opt)

1/2 teaspoon garlic powder

1/4 teaspoon marjoram

1/4 teaspoon savory

Combine all ingredients and mix well. Store in an airtight container.

ZESTY TOMATO RELISH

**4 large tomatoes, chopped
2 small onions, minced
8-10 pitted dates, chopped
1 teaspoon of salt**

**2 tablespoon fresh lemon
juice
1 teaspoon sweet basil
1 teaspoon celery seed**

Combine all ingredients and simmer about 15 minutes, stirring frequently. Can be served with zesty sprouts over rice, add mung bean sprouts, and serve over cooked brown rice, then top with sliced almonds.

A SERVE OVER CORN -- NACHO'S "CHEESE" SAUCE

1 cup raw cashews

1 cup hot water

2 ounce jar pimientos

1 tablespoon fresh lemon juice

1 teaspoon onion powder

1 teaspoon salt

1/2 teaspoon garlic powder

1/2 teaspoon paprika

Blend cashews in hot water until very smooth. Add remaining ingredients and continue blending until very smooth. Pour into saucepan and heat over medium-low heat, stirring constantly, until thickened. Serve on corn chips.

APRICOT BARBECUE SAUCE

1/4 cup oil
1/4 cup vinegar or lemon juice
3/4 cup apricot jam
1/2 cup catsup
2 tablespoons brown sugar
2 tablespoons grated onion
1/2 teaspoon salt
1/2 teaspoon oregano
Dash of hot pepper sauce

1. Mix all ingredients.

2. Bring to boil

Serving suggestions: pour over walnut balls and bake. Serves: 10

PIMENTO CASHEW NUT CHEESE

**3 tablespoons nutritional yeast flakes
1 teaspoon onion powder
1 cup water
1 4-ounce can of pimentos
1/8 teaspoon garlic powder
1 teaspoon salt
1 cup olive oil**

**1/3 cup lemon juice
4 tablespoons unflavored gelatin or
Kosher Gel (Emes)
1/4 cup cold water**

Blend first seven ingredients in a blender until the yeast flakes are liquefied. Slowly add oil until thick. Add lemon juice.

To use as spread or cheese dip, do not add gelatin

To make cheese, soak gelatin in water until clear. Pour gelatin into mixture from above and blend. Pour into pan and refrigerate until set.

MILK SUBSTITUTES -----

SOY MILK

3 cups water

1 teaspoon vanilla

1 cup soy (Soyagen)

1/8 teaspoon salt

Blend water and soy until smooth. Stir in vanilla and salt. Keep refrigerated.

NUT MILK

1 qt. Water

3-4 pitted dates

2/3 cup clean, raw cashew or
almonds

1/4 teaspoon salt

1/4 teaspoon vanilla

FRUIT MILK

2 cup soy or nut milk

1 cup pineapple juice

3 ripe bananas

pinch salt

Blend nuts with 1 cup of the water until smooth. Add remaining ingredients and continue blending until smooth. Pour into a pitcher and stir in remaining water. Cover and refrigerate. Shake before using.

OAT MILK

1/3 cup rolled oats

4 cup cold water

2 tablespoons ground almonds

1/4 teaspoon salt

1 small ripe banana

1/2 teaspoon vanilla

Blend dry oats until a fine flour, then cook with 1 cup of water for 5 minutes. Place in a blender and add almonds, vanilla, and salt. Blend until smooth, adding cold water gradually. Add enough cold water to equal 1 qt. Blend in a banana just before serving.

RICE AND NUT VEGETABLE LOAF

2 tablespoons oil	2 cups chopped pecans
2 tablespoons flour	1/4 cup chopped green pepper
1 1/2 cup soy milk	1 1/2 tablespoon chopped onion
1 1/2 teaspoon salt	1/2 cup chopped celery
2 cups cooked rice(white or brown)	1 cup dry bread crumbs or Seasoned crumbs

Mix all ingredients thoroughly; put in oiled baking dish and bake in a 350 degree oven for 1 hour. Remove from oven and immediately turn out onto a platter. Garnish with carrot curls, parsley and tomato wedges. Serve piping hot.

MUSHROOM STROGANOFF

- | | |
|---------------------------------------|-------------------------------------|
| 1 lb. Noodles | 2 tablespoon soy sauce |
| 1 lb, fresh mushrooms sliced or | 2 tablespoon tomato sauce or |
| 16 oz. Can | catsup |
| 1 onion, chopped | 1/2 tablespoon beef style seasoning |
| 1 clove garlic minced | 3/4 cup water |
| 3 tablespoon water | 3/4 cup imitation sour cream |
| 5 tablespoon whole wheat pastry flour | 1/2 cup apple or white |
| 1 teaspoon dried dill, or | grape juice |
| 1-2 tablespoon chopped fresh dill | |

(STROGANOFF -- CONTINUED)

Prepare noodles as directed. Simmer mushrooms, onion and garlic in 3 tablespoons water for 3-5 minutes. Remove from heat and stir in next 4 ingredients. Gradually add 3/4 cups of water while stirring. Bring to a boil, stirring constantly. Reduce heat and simmer for 5 minutes. Stir in remaining ingredients and heat thoroughly. Pour over cooked and drained noodles and serve. May also be served over brown rice.

Serves 8.

CASHEW NUT-RICE CASSEROLE

**2 cups cashew nuts, raw
5 egg substitutes (egg beaters)
3 tablespoon oil (canola oil)
3 tablespoon dried parsley
1 teaspoon sage (optional)**

**1 cup soy milk
1 teaspoon sage
1 teaspoon salt
2 large onions (finely chopped)
1 cup bread crumbs
1 cup rice. Cooked**

**Combine first nine ingredients in blender. Add the bread crumbs and rice; pour into oiled casserole. Place in pan of water while baking. Bake in a 350 degree for 1 hour.
Serves: 12**

GARBANZOS A LA KING

1 cup chopped celery

1 cup chopped mushrooms

1/2 cup minced onion

2 tablespoons of water

3 cups of water

1/2 cup raw cashews

1/4 cup chopped parsley

Or red bell pepper

1 onion (chopped)

2 to 3 tablespoons chicken

style seasoning

4 teaspoons sesame seeds

15 oz. canned garbanzos

(save broth)

1 1/2 cup frozen peas

1/4 cup whole wheat flour

Simmer first 4 ingredients. Meanwhile blend cashew in about 1 cup of the water until smooth, then add next 4 ingredients and continue blending until smooth.. Combine with simmering vegetables and remaining water in a saucepan. Add next 3 ingredients. Stir flour into garbanzo broth and add to saucepan. Simmer about 10 minutes, stirring frequently, until thickened. Serve over brown rice, noodles, or toast. Serves 6.

LENTIL ROAST

2 cup cooked lentils

1 can (15-oz) tomato sauce

1/2 cup cooking oil

1 1/2 cup fine dry bread crumbs

1 egg substitute (egg beaters)

1 cup grated celery

1 cup chopped nuts

1 teaspoon salt or to taste

1/2 teaspoon sage

1 teaspoon grated onion

1 cup grated fresh carrots

Combine all ingredients and mix thoroughly. Add more bread crumbs if a drier loaf is desired. Spoon into a greased 1 1/2 quart casserole and bake in a 350 degree oven for 1 hour. Serve with gravy if desired. Serves 10.

WALNUT MEATBALLS (PECANS MAKE A GOOD ALTERNATIVE)

**1 1/4 cups cracker crumbs
1/2 teaspoon salt
1 finely chopped small onion
1 pressed garlic clove
Apricot barbecue sauce**

**3/4 cup ground walnuts
1 1/2 teaspoons sage
3/4 cup grated soy cheese
4 egg beaters
3 tablespoons minced parsley**

(see separate recipe)

- 1. Mix all ingredients, except apricot barbecue sauce, and form into walnut-size balls.**
- 2. Pour apricot barbecue sauce over meatballs in casserole dish.**
- 3. Bake covered at 350 degrees for 30 min.**

May do ahead and freeze.

Variation: substitute imitation sour cream-mushroom gravy for the apricot barbecue sauce.

Serves 10.

BRITISH LENTIL LOAF

**1 cup chopped celery
1 cup chopped onion
2 tablespoon chopped green pepper

1 clove garlic, minced
1 teaspoon onion powder
1 1/2 cup soft bread crumbs
1 cup tomato puree**

**2/3 cup chopped or ground
 walnuts or almonds
1/2 cup soy or nut milk
3 tablespoon whole wheat flour
2 1/2 cup cooked lentils

1 teaspoon salt
1/2 teaspoon sage leaves
Cover with creamy tomato
Gravy**

Simmer first 4 ingredients in a small amount of water until just tender. Combine with remaining ingredients, except gravy, and mix well. Place in a casserole dish and bake at 325 degree for 30 minutes. Spread gravy over the top and bake an additional 15 minutes. Serves: 8

VEGETABLE LASAGNA

- 1 package (8 ounce) dry lasagna noodles**
- 4 carrots (about 3/4 pound) ends trimmed, and cut into 1/4 inch thick slices**
- 3 zucchini (about 1 pound) ends trimmed, cut into 1/4 inch thick slices**
- 2 tablespoons olive oil or salad oil**
- 1 medium-size onion, chopped**
- 1/2 pound mushrooms, thinly sliced**
- 1 tablespoon each dry basil, dry thyme leaves, and dry oregano leaves**
- Jar (32 ounce) marinara sauce**
- 2 packages (10 ounce, each) thawed chopped spinach (continued on next page)**

(LASAGNA --CONTINUED)

Cook noodles in boiling water until done.

Coarsely break or mash 1 pound firm tofu and drain well with paper towel, press tofu to remove excess liquid.

Cook tofu with oil, onion and herbs until liquid evaporates and onion is limp. Stir in marinara sauce. Squeeze liquid out of spinach, in a 9x13 inch baking dish, spread 1/3 of the sauce. Arrange 1/2 of the noodles over sauce. Sprinkle evenly on top 1/2 each of the vegetables, spinach mixture and tofu.

Repeat layers, ending with sauce, bake uncovered, cook for 25 min. In oven at 400 degree. Makes 6 servings

SPICY TOFU WITH APRICOTS

Sauce:

3 tablespoons of soy sauce

1 tablespoon of balsamic vinegar

1 tablespoon cooking sherry

1 teaspoon sesame seeds

2 teaspoon curry powder

1 teaspoon hot chili oil, or to taste

1 tablespoon sugar

1 teaspoon dried chives and 1 teaspoon of dried parsley

(continued on next page)

(SPICY TOFU WITH APRICOTS -- CONTINUED)

TOFU:

10 1/2 ounce package extra-firm tofu, drained and cubed

(tofu ingredients below)

2 teaspoon peanut oil

1 clove garlic, minced

1 small onion, chopped

1 carrot, slice diagonally

1/4 cup chopped dry-roasted peanuts

1/4 cup chopped dried apricots

3 cups of steamed rice

Mix sauce ingredients in a large glass baking dish.

Marinate tofu in sauce 5 minutes.

In a wok heat oil; stir-fry tofu ingredients until onion is softened. Add tofu to marinating sauce, heat until warm.

Serve over steamed rice.

WILD RICE WITH DRIED FRUIT

2 cups long-grain wild rice (brown or white or both)

6 1/2 cups of water

(cook rice according to package instructions and drain)

1/2 cup pitted prunes(cut each prune in 6 to 8 pieces)

1/2 cup dried cherries, cranberries or blueberries

1 cup chopped pecans

Salt to taste

Add to rice

Cover pan and cook mixture over low heat for 15 min. Stir before serving.

TOFU VEGETABLE QUICHE

1/2 pound tofu	1/2 cup ground cashew nuts
2 tablespoon cornstarch	1/2 cup water
1/8 teaspoon garlic powder	1 teaspoon salt
1 teaspoon sweet basil or Italian or salad seasoning	

Blend in blender until smooth. ~~Saute~~ Sauté the following in a small amount of water for 5 minutes.

1/2 cup chopped green pepper	1/2 cup of sliced onions
1/2 cup pimientos	1 1/2 cup diced carrots

Add vegetables to the creamy mixture along with 1/2 cup sliced olives. Mix and pour into an unbaked pie shell and bake at 350 degrees for 35 minutes.

MOCK CHICKEN PATTIES

6 cups ground frozen or canned soyameat chicken style	Salt to taste
or 1 pound of frozen chicketts	2 teaspoons McKay's Chicken
6 egg-whites or egg substitutes	seasoning
1 onion grated	Soda cracker meal to form
1 package of G. Washington golden broth	stiff patties
1 package onion gravy (Loma Linda Gravy Quick)	
1 pint imitation sour cream	

Mix all ingredients together and fry patties in hot oil, browning on both sides. Place in casserole dish and cover with onion gravy and sour cream. Bake in 300 degree oven for 25 minutes.

TAMALE PIE

4 ounces sliced or Chopped olives	1 cup slightly blended, whole kernel corn
2 tablespoons water or olive broth	3/4 teaspoon ground cumin
1 small onion, chopped.	
1 garlic clove, minced	3/4 teaspoon oregano
3 cups chopped, stewed tomatoes	1/2 teaspoon garlic powder
	1/2 teaspoon salt
	2/3 cup yellow cornmeal

Simmer olives, onion, and garlic for 2-3 minutes. Add tomatoes and corn and stir well. Cook on low heat 5 min. Stir in remaining ingredients except cornmeal, then stir in cornmeal and simmer over low heat for 10 min. Bake in casserole dish at 325 degrees for 40 min. Don't dry it out.

CONNIE'S MEXICAN ENCHILADAS

**Tortilla: 2 cups of flour
1 cup yellow corn meal
1/8-1/4 cup of oil**

**1 teaspoon salt
5 cups of water
2 egg beaters (egg whites)**

Mix dry ingredients together, add 2 cups water making a paste, then add egg beaters, oil, and remaining water. Mix well, batter will be thin. Pour batter on greased grill 1/4 cup to each tortilla and fry on both sides till lightly brown. Stir batter after you measure each tortilla so corn meal will not settle to the bottom.

ENCHILADA FILLING

2 - 4 ounce cans chopped ripe olives

2 cloves garlic granted fine

1 lb. Soy cheese grated

1 teaspoon salt

1 medium onion

Reserve small amount of soy cheese to sprinkle on the top.

Mix together, divide mixture, and place on tortillas and roll up. Place rolled edge down in pan.

Sauce: 2 - 8 ounce cans tomato sauce

1/8 - 1/4 cup oil

1 quart water (or less)

5 teaspoon chili powder

2 teaspoon cornstarch

Mix together and bring to boil. Pour over enchiladas to cover 2/3 of tortillas. Sprinkle grated soy cheese on top. Bake at 350 degrees until soy cheese is melted and tortillas are heated thoroughly.

THAI FRIED RICE

2 cloves of garlic, minced
2-3 peppers, green, yellow or red, sliced into thin rounds
1 tablespoon canola oil
2 cups cooked white rice
1/2 teaspoon sugar
4 ounces firm tofu, cubed
1 tomato, diced
2 scallions, chopped
2 tablespoons fresh cilantro or basil, chopped
Lime wedges to garnish

In a wok, heat garlic and peppers in oil over medium heat for three minutes. Add soy sauce, rice - continue stir-frying about 3 minutes. Add herbs and toss, serve, garnished with lime wedges.

PIZZA DOUGH

3/4 cup lukewarm water

1 teaspoon honey

1 tablespoon dry active yeast

2 cups all-purpose flour

1/2 teaspoon salt

1 teaspoon olive oil

1/2 cup cornmeal

Light vegetable oil cooking spray

Mix the water and honey together. Sprinkle the yeast on top and set it aside for about 20 minutes until bubbles form on the surface. Put the flour and salt into the bowl of a food processor. Slowly add the yeast mixture. Process for about a minute, until a dough ball forms, drizzling in a little additional water if necessary. Continue for another 2 minutes. (continued on next page)

VEGGIE PIZZA

- 1 large pizza crust (use pizza dough recipe or buy pizza crust)**
- 6 ounce can of tomato paste**
- 1 teaspoon minced or chopped garlic**
- 1 teaspoon rosemary**
- 1 teaspoon dry oregano**
- 8 fresh sliced mushrooms**
- 4 ounce of sun-dried tomatoes**
- 1-1/2 cup soy cheese (Soymag, Soyco/Soymag foods)**
- 1 tablespoon sesame seeds**

Spread tomato paste evenly on crust - spread garlic evenly on tomato paste. Sprinkle spices on top, place sliced mushrooms and dried tomatoes evenly on mixture. Spread soy cheese over mixture. Sprinkle seeds on top and bake at 350 degrees approximately 20 minutes. Remove from oven when the soy cheese begins to turn brown.

ALMOND RICE LOAF

1/2 cup cooked, raw mung beans

Or garbanzos

1/2 cup water

1 cup dry bread crumbs

1 cup cooked brown rice

1 cup hot water

1/2 cup chopped almonds

1/2 cup chopped celery

1/2 cup chopped sunflower
seeds

1 onion, chopped

1 teaspoon marjoram

1 teaspoon thyme

Country style gravy

Or Loma Linda gravy

Blend mung beans and 1/2 cup water. Combine all ingredients except gravy and let stand 5 min. Press into a Pam-sprayed loaf pan. Bake at 350 degree for 45-60 min. Place on serving dish and pour gravy over, before serving. Freezes and slices nicely. Serves 4.

JUICY STEAKS

1 can Worthington Vegetable Steaks

1 envelope Lipton Dry Onion soup

1 tablespoon catsup

½ teaspoon celery seed

Keep juice from steaks. Blend steak juice and water to make 2 cups. Break steaks into pieces the size you like and dredge in flour. Brown the steak pieces by frying in a pan. Mix steak juice and water with catsup, seed, and Lipton dry onion soup. Simmer until the mixture thickens. Add browned steaks and simmer.

TOFU CHEESE CAKE

**1/2 cup coconut nectar
3 tablespoon unflavored gelatin
3/4 cup apple juice concentrate
3/4 cup firm tofu
1 1/2 tablespoon fresh lemon juice**

**2 teaspoon grated lemon rind
3/4 teaspoon grated orange rind
1/2 teaspoon coconut extract
1/2 teaspoon salt
Graham cracker crust**

Heat gelatin and coconut nectar, stirring constantly until gelatin is dissolved. Blend with remaining ingredients until smooth. Pour into graham cracker crust and refrigerate until firm. Serve with fruit toppings (cherries or pineapple).

CAROB CREAM PIE

1/2 cup raw cashews	2 cups boiling water
20 pitted dates	2 tablespoons carob powder
1 teaspoon vanilla	½ teaspoon salt
1/4 cup cornstarch	¼ cup cold water
1 pie shell, baked	1 or 2 bananas

Grind cashews until powdered into a fine meal. Blend cashew meal and boiling water until smooth. Add dates, vanilla, carob powder and salt. Blend until smooth. Pour into a saucepan and bring to a boil, stirring constantly to prevent scorching. Combine cold water and cornstarch and pour slowly into hot mixture, stirring vigorously. As mixture begins to thicken, stir gently to prevent scorching. Cool about 1 minute, until thick. Slice bananas lengthwise into baked pie shell, covering bottom of crust. Pour filling into pie shell. Cook slightly at room temperature, then chill for 2 to 3 hours in refrigerator. Garnish with sliced bananas and fresh strawberries just before serving.

Yields: 1 - 9" pie

APPLE PIE

6 medium size apples

6 oz. of water

1/2 cup water

6 oz. of apple juice concentrate

4 tablespoon cornstarch

1/8 teaspoon salt.

Peel and slice apples. Bring water and apple juice to boil and add sliced apples. Cook until half done. Dissolve cornstarch in water and add to above mixture. Cook until thickened. Place pie crust in 9" pie tin. Fill with apple filling and cover with pie crust. Bake at 375 degrees for 45 minutes or until pie crust is done.

Serves: 6

LEMON MOUSSE

1 thin skinned lemon
2 cups lemonade
10 1/2 ounce package firm silken tofu
Lemon zest strips for garnish

1 tablespoon gelatin
3 tablespoon honey or
brown rice syrup
1/2 cup sliced strawberries

Combine gelatin with 1/4 cup lemonade, stir until dissolved and set aside. In sauce pan boil remaining lemonade and lemon slices. Reduce heat to low and simmer 10 minutes, stirring constantly. Add sweetener and gelatin mixture, cool slightly. Transfer to food processor and pulse until coarsely chopped, add tofu in 2 or 3 batches, process until smooth. Pour into 4 ounce dishes and chill. Serve garnished with lemon zest & strawberries. Makes 6 servings.

CHOCOLATE BANANA PUDDING

2 cups mashed ripe bananas

4 ounces silken tofu, drained (about 1/2 cup)

2 teaspoon vanilla extract

1 tablespoon unsweetened cocoa powder

1/2 teaspoon ground nutmeg

1/4 cup maple syrup

Place all ingredients in blender until smooth. Spoon into custard cups; chill 1 hour. Serve

DAIRY FREE, LOW-FAT PUMPKIN PIE

- 1 1/2 packages Mori-Nu Lite tofu-firm**
- 2 cups canned or cooked pumpkin**
- 2/3 cup honey**
- 1 teaspoon vanilla**
- 1 tablespoon pumpkin pie spice or next 4 ingredients**
- 1 1/2 teaspoon ground cinnamon**
- 3/4 teaspoon ground ginger**
- 1/4 teaspoon ground nutmeg**
- 1/4 teaspoon ground cloves**
- 1 unbaked 9" pastry crust**

Blend tofu in food processor or blender until smooth.

Add remaining ingredients and blend well. Pour into 9" unbaked deep dish pie shell. Bake for 1 hour. Filling will be soft, but will firm up as it chills. Serves 6.

POUND CAKE

2 cups unbleached white flour
2 teaspoons baking powder
1/2 cup margarine, room temperature
1 1/2 cups sugar
3/4 cup soft tofu (6 ounces)
1 1/2 teaspoons lemon extract
1 teaspoon vanilla
1/2 cup water

Lightly oil a 9 x 5 inch loaf pan. Sift together flour and baking powder and set aside.

In a food processor, cream together margarine and sugar.

Add tofu, lemon extract, and vanilla. Process on high until smooth. Add water and process until mixed.

Add flour mixture and mix until smooth. Spoon batter into pre-pared pan and bake for 1 hour at 350 degrees. Cool 1 hour and remove from pan. Makes 12 servings.

RASPBERRY MOUSE

1/2 cup apple cider or juice
1 package unflavored gelatin
10 3/4 ounce package soft silken tofu
3 tablespoons of honey
3 cups raspberries or strawberries (12 ounce package)
1 teaspoon vanilla
Mint sprigs for garnish.

In sauce pan bring cider to a simmer over low heat. Add gelatin, stir until dissolved (about 5 min.)
In food processor bowl, combine cider mixture, tofu, honey, raspberries and vanilla. Process to desired texture. Pour into dessert dishes and chill 1 hour. Makes 8 servings.

CHOCOLATE CAKE

1 ½ cups unbleached all-purpose flour	1 ½ teaspoons vanilla extract
¾ cup granulated sugar	1/3 cup canola or olive oil
½ teaspoon salt	1 tablespoon white distilled vinegar
1 teaspoon baking soda	1 cup cold water
¼ cup unsweetened cocoa powder	

Preheat the oven to 350°F. Lightly oil a Bundt pan, 9-inch springform pan, or muffin tins. (Double this recipe for a layer cake or Bundt cake.)

Combine flour, sugar, salt, baking soda, and cocoa powder in a bowl until thoroughly combined. Create a well in the center of the dry ingredients, and add the vanilla, oil, vinegar, and water. Mix until just combined. Pour into your prepared pan and bake in the preheated oven for 30 minutes, until a toothpick inserted into the center comes out clean. If making cupcakes, check after 15 minutes.

Cool on a wire rack. To remove the cake from the pan, run a sharp knife around the inside of the pan to loosen the cake. Cool completely before frosting. You may also dust with sifted confectioner's sugar and top with fresh raspberries.

CHOCOLATE FROSTING

½ cup non-hydrogenated, non-dairy butter, softened

3 cups confectioner's sugar, sifted

1/3 cup unsweetened cocoa powder, sifted

1 teaspoon vanilla extract, or ½ teaspoon peppermint extract

3 to 4 tablespoons water or non-dairy milk, or more as needed

With an electric hand mixer, cream the butter until smooth. With the mixer on low speed, add the confectioner's sugar, and cream for about 2 minutes. Add the cocoa, vanilla, and milk, and turn the mixer to high speed until frosting is light and fluffy, about 3 minutes. Add one to two tablespoons more milk if it is too dry. Cover the icing with plastic wrap to prevent drying until ready to use. Store in a covered container in the refrigerator for up to 2 weeks. Rewhip before using.

Yield: Enough for one 9-inch cake or 8 cupcakes.

APPENDIX 1

The following supplements are required to keep the vegan diet balanced for the Parkinson patient's use. They are:

- 1) Vitamin B-12 as a 500 microgram/day pill.
- 2) Vitamin D (400 IU/twice per week)
- 3) Nicotinamide as 1 average size pill/day.

4) Evening primrose oil or equivalent as 5 x500 mg/day of GLA (gamma linoleic acid) distributed among your meals. Also, remember to cook with canola oil, walnut oil or soy oil. If you don't use canola oil in cooking take a tablespoon of canola oil twice a week with meals. Put nuts (include walnuts) in your dietary program at least twice a week. Try to find a margarine that is free of partially hydrogenated oil like "Smart Squeeze" distributed by GFA Brands Inc., P.O. Box 397, Cresskill, NJ 07626.

APPENDIX 2: SOME DAILY MENU IDEAS

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Cold or hot cereal Banana or raisins Toast, hot drink Orange juiced Soy milk on cereal	Burger or sandwich Carrot and celery sticks Apple Soft drink (no caffeine) ¼ cup mixed nuts or fat-free potato chips	Vegetable quiche Cooked green beans Cooked broccoli Whole grain bread Green salad, Italian dressing Raspberry sherbet
Egg beaters with Chopped green vegetable Peppers, soy cheese Soy milk, and Sliced black olives Hash brown potatoes Toast and fruit	Soup Nutmete sandwich Sliced tomatoes Whole green olives Whole fruit	Soy cheese enchiladas Beans Brown rice Green salad Fruit for dessert Drink of your choice